

# INNER SWEETNESS

## Release the Cravings and Awaken to Your True Self

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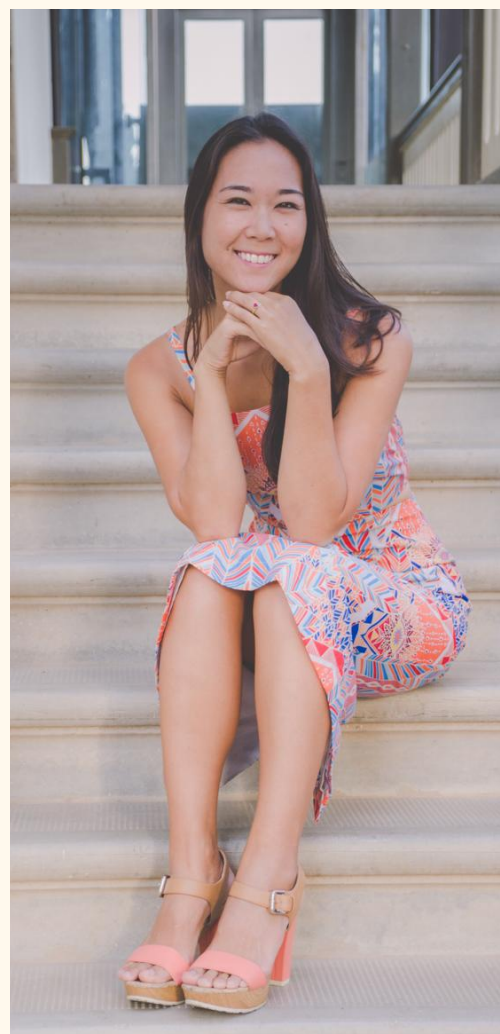


## WELCOME TO THE INNER SWEETNESS JOURNEY!

I'm so honored to be your guide. By reading this e-book with intention and committing to doing the practical exercises within each chapter, you will begin to release those cravings and addictions, stop numbing your pain, and begin to awaken to the beautiful, gifted being you are.

When I first began this journey of awakening over eight years ago, I was immersed in the left-brain academic world, working on a Ph.D. dissertation on Buddhism. I suddenly realized how deeply unfulfilled I was and began to question the path I was on - a path that was mostly laid out for me by others. It took much courage and patience to begin to work through my shadows, uncover my gifts, open my heart to self-love, and finally discover and align with my TRUTH.

The outcome of this self-exploration was a rather dramatic leap from academia into the world of spirituality, coaching, and healing. This is my home now, where I joyfully serve my purpose for being, and constantly grow and expand with my clients. My passion is to support you in your journey of healing, awakening to who you really are, and living in alignment with your soul's purpose.



## CHAPTER ONE: THE TRUE CRAVING

You are here for a purpose, and that is to be the fullest, highest, and most radiant version of yourself. **So, who are YOU?**

From the highest perspective, I believe we are all eternal beings that come from the same pure, loving Source.

But from the earthly perspective, I believe we are here in this crazy world to EXPERIENCE the exquisite emotions of human life, to play, to get dirty, and most of all, to grow and EXPAND.

It can be eye-opening to think of ourselves in this life as having a certain "theme" we want to explore - one that will both allow us to EXPRESS the beauty and uniqueness of our soul + allow us to LEARN and add to the richness of our soul.

What is YOUR theme? Your calling? Your purpose?

Is it Freedom? Creativity? Teaching? Unconditional love? Tranquility? Connection? Service? Adventure? Healing? Leadership? Humor? Forgiveness?

**The reason I offer this question right from the get go is this:**

As long as we are ignoring or straying too far from our true calling we will feel a gnawing emptiness inside, sometimes barely perceptible, sometimes loud and fierce.

We will naturally want to FILL it up with something, whether it be ice cream, work, shoes, lovers, YouTube, or babies (etc.). These are not harmful in themselves (obviously, they can be amazing!), but when grasped at in an unconscious way, to fill an unconscious need, they lead us further away from ourselves - and are ultimately unfulfilling.

**Because they will never satisfy our true craving....to be our brightest, wildest, fullest, and highest selves.**

I remember over 10 years ago when I was living in Manhattan, having just started my Ph.D. program at Columbia University.... I didn't realize I was off-path because I honestly didn't know there was anything better for me. What I was doing felt pretty cool. Or at least good enough.

I was good at school. I liked Buddhism. Practical life path: Get a PhD and become a professor.

Practicality, safety, approval, comfort, and not failing were my highest values at the time - typical concerns for an Asian daughter, but also quite universal (as I've seen in my coaching work).

**When we don't yet deeply KNOW and LOVE ourselves, it's impossible to imagine the heights, the joy, the excitement, the fulfillment that it's possible to experience.**

Some of my biggest joys at the time were: food, watching TV series, going to the movies, smoking weed, and having sex with my boyfriend.

THESE are the things that I would look forward to in between going to classes and studying for classes.

THESE are the things that truly prevented me from feeling utterly depressed and unable to go on with this kind of life.

But these are also the things that kept me numb and prevented me from questioning myself and my current life path.

**I invite you now to gently reflect on yourself and your daily patterns.**

If you find yourself over-consuming sugar or junk food, wasting time on Facebook, drinking or smoking more than feels healthy, zoning out to TV series, or doing anything else in a compulsive manner that feels icky afterwards...

Is there something deeper you're craving that it may be the perfect time to explore?

Yes, I do mean your heart's deepest calling. Your soul's purpose. Your life's theme.

## **TRY THIS EXERCISE**

### **Step 1: Expand your imagination.**

For a few minutes, take off the blinders of what you "think" is possible for you and just IMAGINE what you would love to do, create, and experience during the long life ahead of you. It need not have ANY connection to what your life looks like right now.

Close your eyes and let your imagination play, dance, expand without limitations.

How do you see the most expanded, joyful version of yourself? What is she doing? How is she connecting with people? What is the mark she is leaving on the world?

Do not let worry or fear creep in right now. Give yourself permission to be as WILD and unrealistic as you possibly can.

### **Step 2: Put it on paper.**

Now take a blank piece of paper and write or draw everything that your beautiful mind has just conjured up. Again, put your judgment or fear on temporary mute. This is YOUR dream. It is precious and sacred, and you can keep it all to yourself until you are ready to share it with the world.

### **Step 3: Draw out the themes.**

What do you see when you look at what just poured out of your heart onto the page?

What is calling your soul? What brings you excitement and joy? What feels important and valuable to you?

Write down the themes that you see - what you love to do, create, experience, what you value, how you want to serve, etc.

### **Step 4: Reflect on your life right now.**

Go through your daily routines. Reflect on the typical experiences, feelings, and thoughts you have. Take inventory of what you've created lately, whether with your mind, words, or hands.

How in alignment with your deepest desires are you living? How close or far from the most expanded vision for your life are you? To what degree are you walking on the path toward your beautiful dreams?

### **Step 5: Opening the heart and mind.**

Wherever you are on your journey, here are a couple practices to help connect more and more with your true craving.

**Suggested Meditation:** Close your eyes and place your hand on your heart. As you breathe, imagine your heart opening and expanding. Notice how much you are able to connect with the energy of Love.

**Suggested Affirmation:** I AM WILLING TO CHANGE. Practice this 5 times a day. Touching your throat (the center of transformation in the body!) can greatly enhance this practice.

## CHAPTER TWO: NUMB NO MORE

### The Emotional Guidance System

Being human, we are endowed with the ability to feel a huge range of emotional states.

**Our emotions serve a beautiful purpose: They guide us.**

They are like a vibrational bridge or an energetic antenna between our human self and our higher self.

**When we're in alignment with our true self, we feel expansive and light.**

The guidance here is to keep thinking what we're thinking and keep doing what we're doing - we're on the right path (for us).

**When we're out of alignment with our true self (OR a person/place/decision is out of alignment with our highest good), we feel contracted and heavy.** The negative emotion signals that we are off our soul's path or are headed off path.

The contracted feeling tells us we're believing something that our Higher Self wholeheartedly disagrees with ("No one loves me", "I'm not good enough", etc.) OR we're facing a person/place/situation that is not for our highest good and greatest joy, and therefore should act accordingly - perhaps leave that environment or change course.

### Childhood Conditioning and Numbing

The glitch in this divine communication occurs if, as small children, we are taught that it's not OK to feel certain emotions, usually the negative ones.

For example:

- you feel angry and act out and your mom spansks you or isolates you in your room
- you feel scared and start crying and your dad tells you that "boys are not supposed to cry"
- you feel sad and your parents tell you to cheer up, "there's company here"
- you feel insecure in gym class and your mom tells you to "just try your best"

If, from a very young age, only certain emotions are met with space and approval, we become very skilled at NOT feeling and expressing the emotions that are deemed unacceptable.

This is where the numbing comes in, and every unique person has their particular ways of numbing.

**Note:** Another way of looking at these practices is that they are coping mechanisms, and in my opinion, there's nothing wrong with coping OR with numbing. What's important is the level of awareness one has when doing it and whether it comes from a place of self-love and creates comfort, or comes from a place of self-hatred or shame or helplessness, and thus creates more harm.

### **Some numbing methods include:**

- pretending to be fine, creating a false persona
- shutting emotions down completely
- distracting through entertainment (toys, books, Facebook, TV, porn)
- fantasizing about being rescued (Disney princess, winning the lottery, falling in love with the perfect man)
- coffee and cigarettes
- sugar and junkfood
- cutting
- alcohol and weed
- shopping and gossiping
- And also ways of numbing that society deems "healthy" or "good" like:
- working hard
- exercising hard
- meditating hard :)
- setting goals and aggressively pursuing them even when they are no longer aligned with our truth
- even volunteering (yeah, I said it! read on....)

### **Hey, what's wrong with cake?**

Just like there's absolutely nothing WRONG with eating chocolate cake and watching good ol' romantic comedy, there's obviously nothing WRONG about working hard or a passion for exercise or devoting your life to saving the whales.

Only if these activities begin to:

a) dominate and control one's mind and life

b) the intention behind these activities is to disconnect (long-term) from uncomfortable emotions or from difficult people and situations

and/or

c) harm our bodies and minds (the easy way to tell if it's harmful is by how you FEEL physically and emotionally after the activity)

**...then we might want to dive deeper in order to grow and change.**

## **Re-sensitizing ourselves to the richness of Life**

Disconnecting from the intensity of our emotions is natural and necessary at certain points in our life, especially as children, when our survival is dependent on being accepted by our parents.

However, as adults, we are now able to take care of ourselves, ask for support, and we no longer need to hide or suppress our emotions.

But for many of us, this conditioned pattern of self-soothing through numbing is so deeply ingrained that we often don't realize we are doing it, nor that there's a better way to comfort ourselves.

**We may not know how to receive love and tenderness from others.**

We may believe our pain will not be understood.

We may believe our discomfort is a burden and should be dealt with alone.

Numbing often still feels like the quickest or only way to get through the day, to feel OK.

**But by consistently numbing, rather than FEELING and ENGAGING with our emotions, we are simultaneously withdrawing from the richness of life.**

It's not possible to selectively numb, because ALL feelings are a part of our experience. When we form the habit of cutting ourselves off from intensely painful feelings, we also cut off from intensely blissful feelings.



My encouragement to you is to begin to deepen your awareness and sensitivity to how you are feeling —> to awaken your emotional body.

## TRY THESE EXERCISES

### **Exercise 1: Identify your patterns**

Next time you feel down or bad (stressed, annoyed, depressed, etc.), observe what your FIRST instinct is to do. Most likely, it will be to try to stop feeling the feeling as quickly as possible - through energetic release like yelling or complaining OR through numbing and disconnecting.

See if you can really NOTICE what your body-mind has been conditioned to do or to consume in response to the negative feeling.

Identify your unique patterns with curiosity and non-judgement.

### **Exercise 2: Re-sensitize yourself to uncomfortable emotions**

Feelings are just energy moving through the body, guiding us and supporting us towards our highest good and greatest joy. Some feel nice, some don't.

One way to learn to be present with painful, uncomfortable emotions is to see them as signals from our Higher Self (as mentioned at the beginning of this ebook).

They are NOT out to get us and none of them are "bad." They need not be shooed away or neglected. In fact, if we had learned from a young age to welcome all emotions, most of us would be very different adults — open-hearted, free, unafraid.

Notice which particular emotions make you feel the most shameful, those are the ones that most need tenderness and love. The way to give our emotions (which are a precious part of ourselves) tenderness and love, is simply to allow ourselves to FEEL them, without having to do anything at all to change them.

So, TODAY, anytime you feel contracted, try to name the emotion you're feeling and then sit with it for at least 3 minutes.

Breathe with it. Welcome it.

Ask: How is emotion guiding me?

Then Listen to it.

## CHAPTER THREE: MORE LOVE, NOT LESS

There are times when my pain body is triggered and I feel intense emotions, such as:

**Anger. Hopelessness. Unloved. Trapped. Rejected. Ashamed. Unworthy.**

My body feels sick from all of these low vibrations moving through. My mind searches for some way out, something to fix, some outer situation or person to blame or make wrong.

Finally, I surrender, and ask for help from God. I am guided to listen to a favorite soothing meditation, overlit by Archangel Raphael. You can access it [here](#).

As the gentle voice tells me to let go of the thoughts, I feel myself clinging on. As the loving voice tells me to breathe and allow the light to enter, I see how much resistance I actually have to feeling better in this moment. It feels almost necessary to hold on to my pain. It takes a lot for me to breathe and expand my heart, but the moment I do. . . . waves of relief.

I can literally feel my energy field smoothing out, the darkness dissolving, and the releasing of the layers of pain that have come to the surface to be purged.

**It always amazes me, the power of Love. The simplicity of Love.**

Why do we find it so hard to allow in? I suppose it's because we think we don't deserve it. Or only deserve it at certain times when we are being a certain way.

But this is a lie.

As is the central message of one of my favorite teachers Matt Kahn:

*"In the darkness moments, when you feel embarrassed by your actions, or when life seems cruel and confusing, or when you are heartbroken, or just cannot forgive . . . in these moments, you deserve more love, not less."*

## Be Your Own Sweetheart

We can learn to open ourselves to love, sweetness, tenderness, even in those moments we think we least deserve it. Once we allow in the light, it floods in from all directions, in seen and unseen forms. The key is our willingness to receive.

**The notion of "deserving or not deserving Love" is one of the most destructive forces on our planet.** It is what creates our fear-based system of reward and punishment, the very basis of most schools, prisons, workplaces, and homes.

It is what keeps us trapped in the illusion of right and wrong, good and bad, us versus them.

It is what keeps us afraid to shine.

Worthiness of Life and Love is inherent within us by nature of being born on this earth.

It cannot be earned, therefore it cannot be lost.

**How would we act if we really believed this?** What would our relationships be like? What would we dare to create and express despite the critics? What would happen to the fear that binds? How EPIC of a life can we experience?

I want to find out. Are you with me?

## TRY THESE EXERCISES

### Exercise 1:

Reflect on the idea that Love does not need to be earned. You are inherently worthy. How does it feel to think this? Resistance? Relief? Resonance?

We all have had thousands of memories that have taught us the OPPOSITE of this is true. This is why we're so convinced that we are not good enough.

Gently open up to feeling the pain of these experiences, to healing these traumas, and to remembering the truth of who you are.

### Exercise 2:

Let's try some mirror work. As soon as you can (right now, if possible), go to the nearest mirror and look at yourself deep in the eyes. Really see yourself. And then say, "I love you."

Sit/stand with yourself for a full 2 minutes. Allow the feelings to arise, without judging them. Often, tears will come. The mirror is only reflecting how you currently feel, and your emotions and tears are the movement OUT of lower frequencies. Release and surrender.

**Exercise 3:**

Today, ask yourself as often as possible: What would be the most loving thing to do right now? Listen to the guidance, and then follow through to the best of your ability. This is probably the most amazing practice I know, I use it every day, all day. No matter where you are in your personal and spiritual journey, if you use it, it WILL change your life.

## CHAPTER FOUR: CHILD'S PLAY

### Know your sources

People crave different things (from chocolate to pasta to Facebook stalking to cigarettes to watching the same sitcom over and over) but the feeling it gives them is often similar: comfort, security, a familiar pattern in a chaotic world.

As we explored in Chapter 1, if a person learns to follow her heart's calling, then the inspired path ITSELF (and the magical, divine, synchronistic way it unfolds) is what provides deep peace, meaning, and direction. Fear and worry is replaced with trust and a relaxing into the knowing that all is ultimately well.

**It is when we are disconnected from our Higher Self that we crave quick relief from sources that leave us empty yet begging for more.** Oftentimes we KNOW that the relief will be temporary, but we still seek it. Because we have not yet mastered our connection to THE infinite and loving Source (Consciousness, God, All-that-is, Great Spirit, the Dao), which we are each extensions of.

**Ever wonder why most children have such boundless energy?** I believe it's because they haven't yet lost their connection ~ their connection with wonder, with the vastness of the Universe, with the sense of infinite possibility.

### Be like a child

One of the quickest ways to cultivate your connection with your Higher Self and Source energy, thus no longer grasping unhealthy, unreliable sources of love and comfort, is to be more like a child.

**Do the things that children do, because they haven't yet been scared out of doing them.**

Play. Sing. Scream. Take risks. Laugh loudly and freely. Dance and move without inhibition.

Take pleasure in big and small things: a rose, a joke, a butterfly, an orange, an odd looking rock.

**All of the above can only happen when you're focused on the NOW.** This moment is the ONLY moment that actually exists. Children are masters at merging with the now and completely forgetting time.

The adult mind creates illusory images of the past and future and then projects them into the NOW. Grown ups have a remarkable ability to live in tornadoes of fear and anger that only exist in their mind. They are clouded from being able to see and experience the reality that is before them NOW.

**A child's mind (and we are all capable of returning to this state) is free to roam and imagine.** And though children love to experience imaginary worlds, they are still fully in the now. They may have created an ENTIRELY different reality in their mind, but they have not left this present moment.

In other words, a child's fantasy is never "Sigh, one day in ten years I will build an empire". It's "I AM a warrior woman saving my people!" It's a fantasy that takes place NOW and is experienced NOW.

**Have you also noticed the nature of children's conjured-up fantasies and pretend scenarios?** They are always ultimately positive. When playing, children have NO interest in creating an imagined nightmare that they can never prevail over. They may indeed conjure up scary or troublesome scenarios (the robber comes, baby is sick), but only with the intention of then playing out their power to overcome their fear.

Yes. They are still connected to an awareness of their power, to their Source, to their freedom to direct reality using their will.

This is what we are all yearning to return to, and children can teach us the way.

## TRY THESE EXERCISES

### Exercise 1:

Dance like a wild child for 10 minutes to high-energy, uplifting music. Even if you think you hate dancing, do it. Just move your body around. Stomp your feet. Shake your head and arms. Forget about rhythm. Dancing is one of the best ways to move out stale, low-frequency energy. (I recommend doing this every day for at least a week. This is another practice that changed my life.)

### Exercise 2:

Take 5 minutes to write a one paragraph magical fairy tale about yourself - it can be as close to or as far from reality as you desire.

You know, like, "In a heavenly palace far away there lived a cloud goddess named Stephanie. She spent her days eating the dew and teaching her apprentices how to use their mind to move the clouds into different beautiful formations which the humans below marveled at."

Imagine yourself being in this fairy tale NOW. Feel the emotions as if it were really happening. Take pleasure in your imagination! This is our greatest gift ! and power, and it is too often stamped out at a young age. We have to revive our ability to imagine the impossible if we want to create an epic life.

### Exercise 3:

Sometime today or this week, find a photo of you as a child or ask a family member to send you one (if it's not possible, close your eyes and just imagine).

Look at yourself and see if you can remember what it was like in those childhood moments when you felt completely free, wild, and without a care in the world.

Tune into the unique essence that was shining out of your entire being. THAT is the real you. THAT is what it's time to re-awaken.

## CHAPTER FIVE: YOUR LUSCIOUS LIFE

In this final chapter I'm going to take you straight into a powerful exercise which will bring everything together and inspire you to make some big changes right NOW.

I recommend setting aside at least 30 minutes for the following practice. It has the potential to create huge shifts in your life!

### **Step One: Connect to Your Essence**

Close your eyes, take a deep breath, and connect to your vision of you as a child (from yesterday's challenge). See yourself joyful and free. Notice your beautiful essence radiating out from you as you play. You are a unique soul like no one else on this planet.

Allow the vibration of appreciation of self + gratitude for life fill your entire body. Soak it in.

### **Step Two: Connect to Your Vision**

Remember the challenge from Chapter 1 where we talked about expanding your imagination and aligning yourself with a higher vision and purpose?

Now, while connected to your unique essence, once again tune into that vision, to your heart's calling.

Envision yourself 10 years from now. What would you LOVE to be creating, feeling, and experiencing? Really see and feel yourself as that radiant being: grounded, wise, and open-hearted.

### **Step Three: Get it on Paper**

Write down EVERYTHING you see.

You should be feeling really amped up and excited as you do this. If you don't, your mind may be dominating your heart at this moment. So, take a deep breath and connect back to your inherent worthiness.

When there is nothing to EARN or to PROVE, everything we desire and create comes from a place of peace and joy.



### **Step Four: Let Go and Let IN**

Write down 3 things/habits/"responsibilities"/people in your life that you know, if you really were making self-love your highest priority, you must let go of.

Feel the massive power of your intention and willingness to change.

Next, write down 3 things/practices/people that you want MORE of in your life. Things that excite you. Things that you know will bring you joy or peace.

### **Step Five: Don't Wait**

Take action now. What can you do TODAY to let go of the things that are holding you back? What can you do TODAY to move towards the things that light your soul up?

There is absolutely no reason to wait.

Allow your Higher Self and Emotional Guidance System to support you in creating your luscious, beautiful life.

A life that you don't need to numb.

A life that truly feeds and nourishes your soul.

A life that when completed, leaves this Earth a better place.

Thank you for your courage to evolve into the highest version of yourself.

It's an honor to walk, run, and fly with you!

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